



DEPARTMENT OF THE ARMY
UNITED STATES ARMY GARRISON LIVORNO
UNIT 31301
APO AE 09613

IMEU-LIV-SO

23 September 2010

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Policy Memorandum 15, Running, Bicycling, In-Line Skating Skateboarding Safety and Heelys Safety

1. References:

- a. Army in Europe Pamphlet 385-15-5, Leaders Guide to Accident Prevention Physical Training Running Formations, 10 Nov 04.
- b. Army in Europe Regulation 190-1, Registering and Operating Privately Owned Motor Vehicles, 9 Mar 05.
- c. U.S. Army Garrison Vicenza Policy Memo 08-43 (Version 3), 30 Jun 09.

2. Purpose: The purpose of this memorandum is to provide requirements for running, operating bicycles, roller blading and use of Heelys on and off post.

3. Applicability: This policy applies to all military, civilians (DACs and Local Nationals), contract personnel, retirees, visitors and their family members while located on Camp Darby and Leghorn Army Depot.

4. Running:

a. Individuals who run on post will comply with the following:

(1) All persons while running during reduced or limited visibility (1/2 hour before Sundown until 1/2 hour after sunrise) on Camp Darby and Leghorn Army Depot will wear a reflective belt or vest.

(2) Runners will use sidewalks or road shoulders. When sidewalks are not available runners will run facing traffic. Cross roads only at pedestrian crosswalks. When crosswalks are not available, runners will cross the road at a right angle when traffic is clear in both directions.

(3) Runners need to carry their identification cards on them while running. This is to identify personnel in case of an accident.

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(4) Formation runs will occupy one half of the roadway and will not impede the flow of oncoming traffic.

(5) Lead and trail road guards will maintain 10 to 20 meters intervals from the formation. Commanders will take appropriate actions to ensure control and safety of stragglers.

(6) Running in formations is prohibited on post Mondays thru Fridays during peak traffic periods (0730-0830, 1130-1300, or 1645-1730) unless approved by the Garrison Commander. No formation runs will be conducted on Harmon Avenue when Gate 1 is in operation or on Kessler Avenue when Gate 4 is in operation.

(7) Army in Europe Pamphlet 385-15-5 found at the HQ USAREUR website: (<http://www.hqusareur.army.mil/references/>) provides standard guidelines for leaders to use when planning physical training running formation events.

b. Military and DACs who would like to run off post during duty hours must inform their chain of command or supervisor of their run route and expected time of return.

5. Bicycles:

a. In accordance with Department of Defense of Instruction (DODI) 6055.4 DoD Traffic Safety Program, active duty military, DoD Civilians, U.S. contractors and family members must wear an approved bicycle helmet when riding on U.S. military installation.

b. Bicycle riders must wear helmets that fit properly and they must have chinstraps that fasten. Children and infants riding on the same bicycle with an adult must also wear helmets.

c. Riders must wear reflective clothing and gear.

d. Riding bicycles on any sidewalk is prohibited. This provision does not apply to small children learning to ride bicycles with the use of training wheels.

e. Bicycles must be equipped with working head and taillights, reflective markings and a bell IAW CPSC Document # 5003 and Italian Law Traffic Code, Article 68.

f. Loose fitting clothes that may be caught in moving bicycle parts should not be worn. Slip-on shoes such as slippers or shower shoes will not be worn when riding bicycles.

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6. Rollerblading and Skateboarding:

a. The use of protective gear is mandatory. Helmets with fastened chin straps, knee pads, wrist guards and elbow guards will be worn by all individuals.

b. Rollerbladers and skateboarders must be aware when skating near traffic. Rollerbladers and skateboarders will not skate in heavy traffic areas.

c. The use of Heelys in any public or official building within the Camp Darby/Livorno Military community is prohibited. Heelys are roller shoes with a single removable wheel on the heel of each shoe, allowing individual to remove the wheel and walk normally where skating is not authorized. Individuals will remove the wheels from their Heelys prior to entering any establishment.

7. Vehicle Drivers:

a. The maximum speed for passing runners bikers or marching troops is no more than 15 kilometers.

b. Drivers will take extreme caution when passing runners, formations and bikers. If possible, drivers can switch into the other lane pending there is no oncoming traffic.

8. Use of Headphones and Earphones: In accordance with DODI 6055.4, wearing portable headphones and other listening devices while running on the installation is prohibited. These devices impair runners from sounds such as alarms and approaching vehicles.

9. POC for this memorandum is USAG Livorno Safety Office at DSN 633-7481.



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Commanding